

Germantown Youth Basketball Rules 2010-11

Number of Games: 10 games plus tournament

League Begins: December 2010

League Contact:

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OBJECTIVE

To provide the youth of the City of Germantown and surrounding areas with an opportunity to play organized recreational basketball in an environment conducive to learning the fundamentals of the game of basketball while enjoying the fellowship of children of similar age and gender.

General Rules and Regulations (All Leagues) will follow the National Federation of State High School Associations Basketball Rules, except when as amended herein. **October 26, 2010**

GAME SPECIFICS:

- All Games shall consist of two (2) halves, eighteen (18) minutes in length, with a continuous running clock, excluding the last two (2) minutes of each half.
 - o The running clock will only stop for time outs and injuries.
 - o Each team will be given a five (5) minute halftime period.
- Home Team will sit to the left of the scorer's table (facing the basketball court), unless playing in gymnasiums with portable scoreboards on the scoring table.
 - o The Home Team shall warm up in the opposite court of their bench in pre-game warm-up and in front of their bench during half time warm-ups. Home team determines what uniform color they are going to wear.
 - o Time allowed between games is five (5) minutes.
- Only **one** designated coach is allowed to stand and direct players during a game.
 - o All players and other bench personnel must remain seated.
 - o Only the Head Coach, Assistant Coach, and Scorekeeper may be permitted on the bench. No other adults are permitted.
 - o A coach can receive a direct technical because of his/her attitude, language, behavior, and/or team spectator's behavior.
- The coach or a team representative is to provide the scorekeeper with the **first and last name and the number** of each team member who may participate and designate the five (5) starting players at least five (5) minutes before the scheduled starting time of the game. The official scorebook will be the official document for each game, please make sure you give the scorer all needed information.
- Any parent or spectator may set up a meeting with the League Administrator to discuss any league matter, but addressing it on-site following an incident is not the appropriate time.
- **Coaches** may request to converse with the officials during a timeout or dead ball only. If a team is out of timeouts, the coach must wait until a dead ball to request permission.
- **Coaches are responsible for spectators, parents and players.**
- On **Free Throws**, players should not be lined up below the block. There will be three players allowed on each side for foul shots.
 - o Players are not to leave for the rebound until the ball hits the rim.
- No coach will be allowed to recruit and add any particular player unless deemed appropriate and necessary by League Administration.

FAST BREAK & DOUBLE-TEAM:

- A fast break is defined as when a team attempts to move the ball up court and into scoring position as quickly as possible, so that the defense is outnumbered and does not have time to set up.
- All leagues may Fast Break only if ball is turned over or rebounded.
 - o Defense **may defend** the fast break, however, it is 'encouraged' that you teach your players to retreat back, and then defend.
- **All made field goals cannot advance until defense is set, unless the press rule is in effect.**

PARTICIPATION RULE:

- Each participant must play a minimum of six (6) minutes in the first half and five (5) minutes in the second half, unless declared unable to play due to sickness, injury or disciplinary reason pre-approved by League Administration. If a player is sick or injured, the official scorekeeper **must** be made aware prior to the game.
 - o If it is deemed that coaches are not abiding by the participation rule, this rule will be eliminated in favor of a more structured participation rule.
 - o **PENALTY:** The penalty for a team not abiding the participation rule will be determined by League Administration. Penalties could result in a suspension of the coach or forfeiture of game.

PRESS RULE:

- The press rule applies to when the ball crosses the half-court line, the defense may approach and guard the ball and other offensive players, **when not on a fast break**.
 - o Only the ball has to cross half court; not ball and player. This eliminates any confusion with passing the ball over the half court line. Since teams may now fast break in all divisions, teach your players to first “get back on defense” then stop the ball once it crosses half court.
- Situations when PRESS RULE is used include:
 - a. 12-point differential rule. When Team A has a twelve-point or more lead on Team B, Team A must abide by the PRESS RULE. The referee must inform the coach and the players of Team A that press rule is in effect. **ALL LEAGUES MUST ABIDE BY THE 12-POINT DIFFERENTIAL RULE. NO OFFENSIVE PLAYER MAY BE GUARDED IN THE BACK COURT EVEN ON FAST BREAK ATTEMPTS.** *First offense - warning, Second offense –technical foul.*
 - b. **1ST-2ND Grade:** May not press the entire game.
 - c. **3RD-4TH Grade:** May not press until the last for (4) minutes of the 2nd half.
 - d. **5TH-6TH Grade:** May not press until the second half.
 - e. **7TH-8TH Grade:** May press the entire game, unless ahead by twelve (12) or more points.

TIMEOUTS & OVERTIME:

- 4 cumulative one (1) minute time outs will be awarded for the game. A one (1) minute time out will be allowed for overtime. (No carry over time outs)
- A two (2) minute over time will be played in the 1ST-2ND Grade divisions.
 - o If no winner after the first overtime game, then the game goes to sudden death. (The first team to score wins)
- **In all other divisions we will play two (2) minute periods until a team wins.**

GAME CONDUCT (Technical Fouls):

- **The Germantown Basketball League will not tolerate any outburst (verbal or physical) from any coach, player or spectator at any time during the game.**
 - o Any physical or verbal abuse by a **coach, player, or fan will call for a Direct Technical Foul and possible ejection from the game and dismissal from the facility before play can begin.**
 - o League Administration reserves the right to not allow a person to coach in this program for any reason which would be detrimental to the program.
 - o Any coach, fan, or player faces further suspension from any event sponsored by the Germantown Parks and Recreation and its facilities as deemed worthy by League Administration.
- Fighting, profanity, arguing/abusive language towards players, coaches, officials or staff, and refusal to obey or cooperate with coaches, the officials or a staff member are strictly prohibited.
- Any coach/player who receives two (2) technical fouls in one game will serve an automatic one game suspension.
- Any person ejected from a game for fighting will serve an automatic three (3) game suspension and must meet with League Administration before being reinstated.
- Dunking is not allowed. (Basket does not count)
- A written Technical Foul Report will be completed for all Technical Fouls.
- Any Unsportsmanlike Conduct Technical Foul will require investigation by League Administration and could result in additional suspension for period set forth by the League.
- **Coaches are responsible for spectators, parents and players.**

- Any coach that is warned about verbal or physical abuse towards spectators, parents, players or game officials has the opportunity to restore order. If coach is unable to control situation, a technical foul will be given to its team. If situation continues, a second technical will occur and the Head Coach is ejected from the game. However, the Head Coach may be given the opportunity to request League Administration to assist in controlling the situation. Any further matters will be handled between the spectator, parent or player and the League.

SPECIAL GAME RULES BY DIVISION

1ST-2ND GRADE:

- **GOAL HEIGHT** – 8.5 feet. **BALL USED** – 27.5 basketball
- Jump balls to start the game. Possession arrow will take over after for all jump balls and ball possession.
- Running clock will be used. All Games shall consist of two (2) halves, eighteen (18) minutes in length, with a continuous running clock, excluding the last two (2) minutes of each half.
- Once the ball crosses the middle line, the defense may approach and guard the ball and other offensive players, when not on a fast break.
- There will be no pressing at all permitted in this division. This means that all defense must be in a half-court setting.
- No double-team or trapping in a **half-court defensive set**, until the first pass has been made. (See specific Double-teaming Rules on page 2)
- All leagues may Fast Break only if ball is turned over or rebounded.
 - Defense **may defend** the fast break, however, it is ‘encouraged’ that you teach your players to retreat back, and then defend.
- There are no three-point field goals.
- There will be a five (5) second violation in the lane.
- Free throws will be shot from the regular free throw line of fifteen (15) feet, due to the portable goals being closer to the shooter, than the ten (10) foot goal. This equals out to twelve (12) feet.
 - If playing in a gymnasium without portables, a free throw line will be marked at twelve (12) feet.
- There will be no double bonus. If there are more than 7 personal fouls, we will shoot 1 and 1 the entire game.
- The twelve (12) point differential rule is in effect. **If a team is ahead by twelve (12) or more points, the defense must remain below the three point line extended. The will allow the offense to cross half court safely to set up their offense.**
- A two (2) minute over time will be played in this division.
- If no winner after the first overtime game, then the game goes to sudden death. (The first team to score wins)

3RD-4TH GRADE:

- **GOAL HEIGHT** – Nine (9) feet. **BALL USED** – 28.5 basketball
- Running clock will be used. All Games shall consist of two (2) halves, eighteen (18) minutes in length, with a continuous running clock, excluding the last two (2) minutes of each half.
- There are no three-point field goals.
- Free throws will be shot from the regular free throw line of fifteen (15) feet, due to the portable goals being closer to the shooter, than the ten (10) foot goal. This equals out to twelve (12) feet.
 - If playing in a gymnasium without portables, a free throw line will be marked at twelve (12) feet.
- There will be no double bonus. If there are more than 7 personal fouls, we will shoot 1 and 1 the entire game.
- Teams may press in the second half with four (4) minutes remaining.
- The twelve (12) point differential rule remains is in effect. **If a team is ahead by twelve (12) or more points, the defense must remain below the three point line extended. The will allow the offense to cross half court safely to set up their offense.**
- A two (2) minute over time will be played in this division. If additional overtime periods are needed, they will be two (2) minutes in length, until a winner is decided.

5TH-6TH GRADE:

- **GOAL HEIGHT** - Ten (10) feet. **BALL USED** – 28.5 basketball
- Running clock will be used. All Games shall consist of two (2) halves, eighteen (18) minutes in length, with a continuous running clock, excluding the last two (2) minutes of each half.
- There will be no double bonus. If there are more than 7 personal fouls, we will shoot 1 and 1 the entire game.
- Free throws will be shot from the regulation fifteen (15) foot line.

- Three-point field goals are counted in this division.
- Teams may press the second half only. The twelve (12) point differential rule remains in effect. **If a team is ahead by twelve (12) or more points, the defense must remain below the three point line extended. The will allow the offense to cross half court safely to set up their offense.**
- A two (2) minute over time will be played in this division. If additional overtime periods are needed, they will be two (2) minutes in length, until a winner is decided.

7TH-8TH GRADE:

- **GOAL HEIGHT** - Ten (10) feet. **BALL USED** – Regulation-sized basketball
- Running clock will be used. All Games shall consist of two (2) halves, eighteen (18) minutes in length, with a continuous running clock, excluding the last two (2) minutes of each half.
- There will be no double bonus. If there are more than 7 personal fouls, we will shoot 1 and 1 the entire game.
- **There is no participation rule in this league.** In the event that we begin to receive complaints from parents about their child's participation in games, the participation rule will be put into effect immediately. We encourage coaches to spread playing time out evenly.
- Twelve (12) point differential press rule is in effect.
- A two (2) minute over time will be played in this division. If additional overtime periods are needed, they will be two (2) minutes in length, until a winner is decided.
- This division will follow the National Federation of State High School Associations Basketball Rules, except when as amended herein.

BASKETBALL RULES IN A NUTSHELL

It is important to know the intent and purpose of a rule so that it may be intelligently applied in each play situation. A player of a team should not be permitted an advantage which is not intended by a rule. Neither should play be permitted to develop which may lead to placing a player at a disadvantage not intended by a rule.

A player cannot touch the ball, ring, or net while the ball is on the ring or within the basket. A player cannot touch the ball if it is in the imaginary cylinder above the ring. These are examples of basket interference. It is legal to touch the ring or the net if the ball is above the ring and not touching the ring, even if the ball is in the imaginary cylinder above the ring. It is legal to hang on the ring if a player is avoiding an injury to himself or herself or another player.

The backboard has nothing to do with goaltending. Goaltending when a player touches the ball during a field-goal try, or tap, while it is in its downward flight, entirely above the basket ring level and has the possibility of entering the basket. On most layups, the ball is going up after it contacts the backboard. It is legal to pin the ball against the backboard if it is still on the way up and not in the imaginary cylinder above the basket. Slapping the backboard is neither basket interference nor is it goaltending and points cannot be awarded. A player who strikes a backboard, during a tap, or a try, so forcefully that it cannot be ignored because it is an attempt to draw attention to the player, or a means of venting frustration, may be assessed a technical foul. When a player simply attempts to block a shot and accidentally slaps the backboard it is neither a violation nor is it a technical foul.

The front, top, sides, and bottom of the backboard are all in play. The ball cannot pass over a rectangular backboard from either direction. The back of a backboard is out of bounds as well as the supporting structures.

The traveling rule is one of the most misunderstood rules in basketball. To start a dribble, the ball must be released before the pivot foot is lifted. On a pass or a shot, the pivot foot may be lifted, but may not return to the floor before the ball is released. A player may slide on the floor while trying to secure a loose ball until that player's momentum stops. At that point that player cannot attempt to get up or rollover. A player securing a ball while on the floor cannot attempt to stand up unless that player starts a dribble. A player in this situation may also pass, shoot, or request a timeout. If the player is flat on his or her back, that player may sit up without violating.

During a fumble the player is not in control of the ball, and therefore, cannot be called for a traveling violation. A fumble is the accidental loss of player control when the ball is unintentionally dropped or slips from a player's grasp. After a player has ended a dribble and fumbled the ball, that player may recover the ball without violating. Any steps taken during the recovery of a fumble are not traveling, regardless of how far the ball goes and the amount of advantage that is gained. It is always legal to recover a fumble, even at the end of a dribble, however that player cannot begin a new dribble, which would be an illegal dribble violation. A player who fumbles the ball when receiving a pass may legally start a dribble.

The shooter can retrieve his or her own air ball, if the referee considers it to be a shot attempt. The release ends team control. It is not a violation for that player to start another dribble at that point. When an airborne player keeps control of an attempted shot that is blocked and is unable to release the ball and returns to the floor with it, that player has not traveled; it is a held ball. If, in this situation, the shooter releases the ball, then this is simply a blocked shot and play continues. When an airborne player tries for goal, sees that the try will be blocked, purposely drops the ball, and picks up the ball after it hits the floor, that player has traveled by starting a dribble with the pivot foot off the floor, whether, or not, the defensive player touches the ball in the block attempt.

Palming or carrying is when a player gains an advantage when the ball comes to rest in the player's hand, and the player either travels with the ball, or dribbles a second time. There is no restriction as to how high a player may bounce the ball, provided the ball does not come to rest in a player's hand. Steps taken during a dribble are not traveling, including several that are sometimes taken when a high dribble takes place. It is not possible for a player to travel during a dribble.

A player inbound the ball may step on, but not over the line. During a designated spot throw in, the player inbound the ball must keep one foot on or over the three-foot wide designated spot. An inbound player is allowed to jump or move one or both feet. A player inbound the ball may move backward as far as the five-second time limit or space allows. If player moves outside the three-foot wide designated spot it is a violation, not travelling. In gymnasiums with limited space outside the sidelines and end lines, a defensive player may be asked to step back no more than three feet. A player inbound the ball may bounce the ball on the out-of-bounds area prior to making a throw in. After a goal, or awarded goal, the team not credited with the score shall make the throw-in from any point outside the end line. A team retains this "run the end line" privilege if a timeout is called during the dead ball period after the goal. Any player of the team may make a direct throw-in or may pass the ball along the end line to a teammate outside the boundary line.

The defender may not break the imaginary plane during a throw in until the ball has been released on a throw-in pass. If the defender breaks the imaginary plane during a throw in before the ball has been released on a throw-in pass, the defender's team will receive a team warning, or if the team has already been warned for one of the four delay situations, this action would result in a team technical foul. If the defender contacts the ball after breaking the imaginary plane, it is a player technical foul and a team

warning will be recorded. If the defender fouls the inbound player after breaking the imaginary plane, it is an intentional personal foul, and a team warning will be recorded.

The inbound player does not have a plane restriction, but has five seconds to release the ball and it must come directly onto the court. The ball can always be passed into the backcourt during a throw in. This situation is not a backcourt violation.

If a player's momentum carries him or her off the court, he or she can be the first player to touch the ball after returning inbounds. That player must not have left the court voluntarily and must immediately return inbounds. That player must have something in and nothing out. It is not necessary to have both feet back inbounds. It is a violation for a player to intentionally leave the court for an unauthorized reason.

A moving screen is not in and of itself a foul, contact must occur for a foul to be called. If a blind screen is set on a stationary defender, the defender must be given one normal step to change direction and attempt to avoid contact. If a screen is set on a moving defender, the defender gets a minimum of one step and a maximum of two steps, depending on the speed and distance of the defender.

It is legal use of hands to accidentally hit the hand of the opponent when it is in contact with the ball. This includes holding, dribbling, passing, or even during a shot attempt. Striking a ball handler or a shooter on that player's hand that is incidental to an attempt to play the ball is not a foul, no matter how loud it sounds or how much it hurts.

Reaching in is not a foul. There must be contact to have a foul. The mere act of reaching in, by itself, is nothing. If contact does occur, it's either a holding foul or an illegal use of hands foul. When a player, in order to stop the clock, does not make a legitimate play for the ball, holds, pushes or grabs away from the ball, or uses undue roughness, the foul is an intentional foul.

Over the back is not a foul. The term is nowhere to be found in any rulebook. There must be contact to have a foul. A taller player may often be able to get a rebound over a shorter player, even if the shorter player has good rebounding position. If the shorter player is displaced, then a pushing foul must be called. A rebounding player, with an inside position, while boxing out, is not allowed to push back or displace an opponent, which is a pushing foul.

A defensive player does not have to remain stationary to take a charge. A defender may turn away or duck to absorb contact, provided he or she has already established legal guarding position, which is both feet on the playing court and facing the opponent. The defender can always move backwards or sideways to maintain a legal guarding position and may even have one or both feet off the playing court when contact occurs. That player may legally rise vertically. If the defender is moving forward, then the contact is caused by the defender, which is a blocking foul.

The mere fact that contact occurs does not constitute a foul. Incidental contact is contact with an opponent which is permitted and does not constitute a foul. Contact, which occurs unintentionally in an effort by an opponent to reach a loose ball, or contact which may result when opponents are in equally favorable positions to perform normal defensive or offensive moves, should not be considered illegal, even though the contact may be severe. Contact which does not hinder an opponent from participating in normal defensive or offensive movements should be considered incidental.

A ten-second count continues when the defense deflects or bats the ball in the backcourt. When a dribbler is advancing the ball into the frontcourt, the ball maintains backcourt status until both feet and the ball touch entirely in the frontcourt.

During a throw in, even under a team's own basket, if the throw in is deflected, tipped, or batted by an offensive player in the frontcourt to an offensive player in the backcourt; or after a missed field goal attempt or a missed foul shot attempt, if the ball is deflected, tipped, or batted by an offensive player in the frontcourt to an offensive player in the backcourt; these are not a backcourt violations. In both cases team control, a player holding or dribbling the ball, has not yet been established.

During a throw in, or jump ball, any player; or a defensive player, in making a steal; may legally jump from his or her frontcourt, secure control of the ball with both feet off the floor, and return to the floor with one or both feet in the backcourt. The player may make a normal landing and it makes no difference whether the first foot down is in the frontcourt or the backcourt. These three situations are not backcourt violations.

The closely guarded rule is in effect in frontcourt only, when a defender is within six feet of the ball handler. Up to three separate five-second counts may occur on the same ball handler, holding, dribbling, and holding. The count continues even if defenders switch. The five-second count ends when a dribbler gets his or her head and shoulders ahead of the defender.

The intent of the three-second rule is to not allow an offensive player to gain an advantage. There is no three-second count between the release of a shot and the control of a rebound, at which time a new count starts. There is no three-second count during a throw in. There is no three-second count while the ball is in the backcourt. There is a three-second count during an

interrupted dribble. Allowance shall be made for a player who, having been in the restricted area for less than three seconds, dribbles in or moves immediately to try for goal.

The head coach may request and be granted a timeout if his or her player is holding or dribbling the ball, or during a dead ball period. A player saving the ball in the air can ask for and be granted a timeout even if that player is going out of bounds. The key is whether or not the player has control of the ball.

On free throws, there is a maximum of two offensive players and four defensive players in the six marked lane spaces. The defense must be in the first marked lane spaces, above the neutral zone marks, on all free throws. The offense must not occupy the first marked lane spaces, above the neutral zone marks. The shooter and all the players in the designated lane spaces must wait until the ball hits rim or backboard before entering the lane. During a free throw, no opponent, including bench personnel, may disconcert the free thrower. For free throws when there are no rebounders in the marked lane spaces, i.e. technical fouls, the nine non shooters shall remain behind the free throw line extended and behind the three point arc.

A held ball occurs when opponents have their hands so firmly on the ball that control cannot be obtained without undue roughness. Action of arms and elbows resulting from total body movements as in pivoting or moving to prevent a held ball or loss of control shall not be considered excessive. It is a violation for a player to excessively swing his or her arms or elbows, even without contacting an opponent.

Kicking the ball is intentionally striking it with any part of the leg or foot. An unintentionally kicked ball is never illegal, regardless of how far the ball goes and who recovers it. It is also illegal to hit the ball with a fist.

Players may not participate while wearing jewelry. Religious medals or medical alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible. Headbands and wristbands must be white, black, beige, or a single solid color similar to the torso of the jersey. When wearing headbands and/or wristbands, all players must wear the same color and wear the items as intended. Only a single item may be worn on the head and/or on each wrist. Sweatbands must be worn below the elbow and be a maximum of four inches. A single headband, if worn, must be no wider than two inches. Rubber or cloth elastic bands may be used to control hair. Undershirts must be similar in color to the jersey and shall not have frayed or ragged edges. State associations may, on an individual basis, allow a player to participate while wearing a head covering, if it is worn for medical or religious reasons, provided that the covering is not abrasive, hard, or dangerous, and is attached in such a way that it is highly unlikely to come off during play. Written documentation should be available.

Officials are not required to explain judgment calls, but they may explain some calls if approached by the head coach in a respectful manner. Officials have been instructed to call technical fouls for profanity, unsporting acts and excessive complaints or verbal abuse.

Officials are on the court to be the only unbiased arbiters of the game. Officials are not concerned with who wins or loses, but only fairness and safety. Everyone else in that gym cares about winning, and therefore cannot look at the game objectively. Players commit fouls and violations; officials view those infractions, judge the action, and then apply the rules of the game to what they had viewed. The rules then determine the penalty.